

American Red Cross

Lifeguard

■Prerequisite 1:

- Jump into the water from the side, totally submerge, recover to the surface and swim 150 yards. After swimming 150 yards, maintain position at the surface of the water without support for 2 minutes by treading.
- After maintaining position at the surface of the water for 2 minutes, swim 50 more yards. While swimming, you must swim continuously, keeping your face in the water and demonstrating good breath control. (You may use the front crawl, breaststroke or a combination of both. Swimming on the back or side is not permitted.)
- Swim goggles are allowed.
- While treading, you can only use your legs only. (Place your hands under your armpits. - Your head must remain above the surface of the water.)

■Prerequisite 2:

- Swim 20 yards and recover a 10-pound object at a minimum depth of 7 feet. (Goggles are not allowed for the timed event.)
You have 1 minute, 40 seconds to complete the following sequence. Starting in the water, swim 20 yards. Your face may be in or out of the water.
- Surface dive (feet-first or head-first) to a depth of 7 to 10 feet to retrieve a 10-pound object. Return to the surface and swim 20 yards on your back to return to the starting point, holding the object at the surface with both hands and keeping your face at or near the surface.
- Exit the water without using a ladder or the steps.

Lifeguard w/ Waterfront

■Prerequisite 1:

- Jump into the water from the side, totally submerge, recover to the surface and swim 350 yards.
- After swimming 350 yards, maintain position at the surface of the water without support for 2 minutes by treading. After maintaining position at the surface of the water for 2 minutes, swim 200 more yards. (While swimming, you must swim continuously, keeping your face in the water and demonstrating good breath control.) You may use the front crawl, breaststroke or a combination of both.
- Swimming on the back or side is not permitted. Swim goggles are allowed. (While treading, you can only use your legs. Place your hands under your armpits. Your head must remain above the surface of the water.)

■Prerequisite 2:

- Arrange the swim distance of 20 yards and place a 10-pound object at a minimum depth of 7 to 10 feet (consistent with the maximum water depth participants will train in)
- Goggles are not allowed for the timed event.
- You have 1 minute, 40 seconds to complete the following sequence: - Starting in the water, swim 20 yards.
- Your face may be in or out of the water. Surface dive (feet-first or head-first) to a depth of 7 to 10 feet to retrieve a 10-pound object.
- Return to the surface and swim 20 yards on your back to return to the starting point, holding the object at the surface with both hands and keeping your face at or near the surface. Swimming the distance underwater is not permitted. - Exit the water without using a ladder or the steps.

■Prerequisite 3:

- Arrange the swim distance area and place three dive rings 5 yards apart in 4 to 7 feet of water.
- Goggles are not allowed for underwater swimming.
- Starting in the water, swim 5 yards. Your face may be in or out of the water. - Submerge, swim underwater and retrieve the three dive rings. - Return to the surface after picking up all three dive rings and continue to swim for another 5 yards to complete the sequence.